



# Matching Motive to Activity

	Self-Esteem	Achievement	Moods & Tension	Quest for Youth	Playfulness	Sociability	Stress
<b>Motive:</b>	Feel better about self.	Accomplish worthwhile goals.	Control moods and ease tension.	Feel young. Maintain vitality.	Have fun and encourage playful spirit.	Interact with others.	Reduce stress level - feel more at ease.
<b>Look For:</b>	Realistic and achievable goals.	A personal challenge.	Performance free, safe activities that stimulate positive feelings & push limits.	Strength, flexibility & aerobic conditioning.	Non-goal oriented, expressive, spontaneous movements.	Verbal and nonverbal interaction possibilities.	Taking "time out" and creating body/mind release.
<b>Explore Activities That:</b>	Allow you to set the standard and just show up.	Are challenging with noticeable outcomes.	Are non-competitive, aerobic & repetitive or designed to relax.	Use the whole body and stress flexibility.	Are game-like or encourage self-expression.	Engage with others and allow you to feel their support.	Are regular and aerobic; and distract the mind.
<b>Such As:</b>	Walking, gardening, time-limited jogging, swimming, rowing, rollerblading, yoga, mountain biking, tai chi, hiking, cycling.	Weight training, skiing, swimming, curling, mountain biking, hiking, gardening.	Swimming, walking, skiing, curling, hiking, tai chi, mountain biking, yoga, rollerblading, stretching, swimming, skating.	Swimming, yoga, body shaping, low impact aerobics, cross-training.	Skating, Frisbee, jazz dance, non-competitive games, group swims, square dancing, belly dancing, softball.	Ballroom & folk dancing, walking/hiking clubs, karate, bicycling, group swims, fishing, basketball, dancing, triathlons.	Yoga, walking, running, skating, tai chi, circuit training, aerobic dancing, karate, synchronized swimming, gardening.
<b>Think Twice About Activities That:</b>	Have built-in performance standards for comparisons.	Have vague standards, or performance is unevaluated.	Are competitive or performance oriented. Those that resemble life's stressors.	Work limited body areas and decrease flexibility.	Are repetitive, rule-bound, or performance-oriented.	Restrict interaction.	Are anaerobic; that permit mental worry or that resemble life's stressors.
<b>Such As:</b>	Ballet, racquet sports, golf, any activity that involves comparison.	Aerobics, routine calisthenics, any routine activity.	Aerobic, routine calisthenics, racquet sports, golf, highly competitive sports.	Bowling, running, cycling.	Stationary cycling, running on a treadmill, walking the same path.	Solitary walking, cycling, swimming, going to the gym alone, (possibly) aerobics.	Racquet sports, competitive sports, body building, golf.
<b>Activities I'd Like to Explore:</b>							

Adapted from *The Exercise Habit* by J. Gavin and *Moving Away From Diets*, by K. Kratina, N. King, & D. Hayes. Source: *A New You: Health for Every Body*. Adapted by and distributed with support from WIN the Rockies, WIN Wyoming, and University of Wyoming Cooperative Extension Service, Dept. of Family & Consumer Sciences.

